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Physical activity for early years

(birth - 5 years)

Active children are healthy, happy, school ready and sleep better

- Builds **Relationships & social skills**
- Maintains **Health & weight**
- Contributes to **Brain development & Learning**
- Improves **Sleep**
- Develops **Muscles & Bones**
- Encourages **Movement & Co-ordination**

Every movement counts

Aim for at least **30** minutes per day for children under 1 year

Aim for at least **180** minutes per day for children 1-5 years

- Tummy time
- Playground
- Dance
- Climb
- Skip
- Swim
- Object play
- Messy play
- Jump
- Games
- Play
- Walk
- Throw/catch
- Scoot

Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2026